

PARTICIPATE AND DEVELOP YOUR SKILLS

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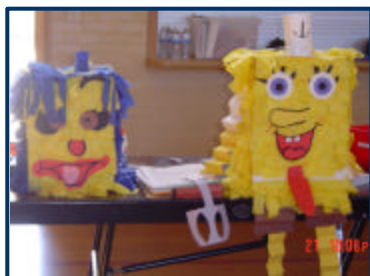
The 4-H summer Camp 2004 started off successfully with the participation of thirteen youth and twelve adult volunteers. Thirty-one kids between the ages of 6 to 13 participated this year in the three-week long camp. The activities focused on making individual piñatas, setting a table, food preparation, individual public and group presentations, making paper maché flower vases, cards, bookmarks, and of course, having fun. Some kids who made piñatas last year shared their knowledge and gave advice to newcomers. The other focus was for the youth to also develop these skills.



Rebecca Rabbit, from WSU Extension, shared her expertise about nutrition for two days. The kids learned how to balance the foods they eat correctly. This increased the awareness of their personal eating habits. They also increased their teamwork and thinking skills.

One mother commented after the nutrition sessions: "My son never liked to eat healthy-he never liked to eat chicken. This afternoon, he told me, 'Mom, please prepare some chicken and vegetables for dinner because Rebecca said that is healthy.' And he ate it!"

The program ended with a celebration day where a public speaking contest took place. Everyone created a poster and demonstrated his or her newly acquired skills. They were judged by four youth volunteers and received a ribbon for a job well done. All participants received a certificate of appreciation. Sixty individuals attended the celebration and enjoyed the presentations, food, and music. The day ended with the children hitting the piñata open and indulging in the candies they found inside.



Participants learned, among other skills, to use critical thinking and to be creative in different situations, accepting differences, leadership skills, communication, respect, teamwork, discipline, creativity, decision making, health, and more.

**Next Program
in King County:
July 2005**

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